

Warm - up Schedule 13 & Over Bronze Champs

Saturday Morning Session 1 3-20 min warm-up sessions

Session

starts at 8:05 am (building opens @ 6:45)

1st w-up 7:00 to 7:20 am		2nd w-up 7:20 to 7:40 am		3rd w-up 7:40 to 8:00 am	
Team	Lanes	Team	Lanes	Team	Lanes
XCEL & NU-NJAC	1,2	PAA & OTT	1,2	GMY & HCY	1,2
PTAC (share Ln 5)	3,4,5	STAC & NJSD	3,4	EBGC & BAC	3,4
BWTD	5,6	PPST & TWST	5,6	JAC & NJB	5,6
HACY & WAVE	7,8	MAY & UN-NJ	7,8	APEX & HQH	7,8

Saturday 1650 Free Session 2

30 min warm-up after the finish of session 2

Saturday Afternoon Session 3 3-20 min warm-up sessions

Session

starts at 1:45 pm

1st w-up 12:40 to 1:00 pm		2nd w-up 1:00 to 1:20 pm		3rd w-up 1:20 to 1:40 pm	
Team	Lanes	Team	Lanes	Team	Lanes
HACY	1	EBGC	1,2	PTAC	1,2,3
PPST	2	JAC	3,4	PAA	4,5
STAC	3,4	MAY	5,6	BWTD	6,7
APEX	5	TWST	7	HCY	8
XCEL	6	NJB,WAVE,UN-NJ			
GMY	7				
HQH	8				

Sunday Morning Session 4 3-20 min warm-up sessions

Session starts at 8:05 am (building opens @ 6:45)

1st w-up 7:00 to 7:20 am		2nd w-up 7:20 to 7:40 am		3rd w-up 7:40 to 8:00 am	
Team	Lanes	Team	Lanes	Team	Lanes
PPST & UN-NJ	1,2	PTAC	1,2,3	PAA	1,2
HACY & NJB	3,4	GMY	4	MAY & OTT	3,4
STAC & HCY	5,6	XCEL	5,6	APEX & BAC	5,6
JAC & TWST	7,8	BWTD	7,8	EBGC & HQH	7,8

Saturday 1000 Free Session 5

30 min warm-up after the finish of session 4

Sunday Afternoon Session 6 3-20 min warm-up sessions

Session

starts at 1:05 pm

1st w-up 12:00 to 12:20 pm		2nd w-up 12:20 to 12:40 pm		3rd w-up 12:40 to 1:00 pm	
Team	Lanes	Team	Lanes	Team	Lanes
HACY	1	JAC	1,2	PTAC	1,2,3
PPST & NJB	2	APEX	3,4	PAA	4,5,7
STAC	3,4	EBGC	5,6	BWTD	7,8
XCEL & UN-NJ	5	GMY	7		
MAY	6,7	TWST & HQH	8		
HCY	8				